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The 4-H Club—A Modern Crusade

By Esther Sietmann

BARRIE once said that the secret of happiness is not doing what one likes, but in liking what one has to do. Iowa 4-H club girls are bringing this zest for living into the activities for rural life. Over sixty thousand clubbers in the United States are lined up in this modern crusade in quest of the best that rural life has to offer. The movement is not an idle dream; it is a practical help to happy farm life.

One hundred Iowa counties are doing girls' club work. It is sponsored by the Farm Bureau, the Extension Service of Iowa State College, and the Department of Agriculture at Washington, D. C.

Each township group is supervised by a local leader, a woman of the community who contributes time and energy to the work.

The next unit of organization is the county. Ninety-six counties now have functioning county club committees who sponsor and help supervise the work.

The state organization chooses its officers by an election at a state meeting where real "political" campaigns are staged for outstanding girls who are nominated from counties and clubs in good standing.

The luck-bringing four leaf clover with a white "H" added to each leaf is the 4-H emblem. The 4 H's signify the education of the Head, the Heart, the Hand, and the Health.

Education of the Head stands for clear thinking. An Iowa club girl can master subject matter and then pass this information on to others, by demonstrations and exhibits. Ninety-five Iowa counties sent demonstration teams to the State Fair last year.

Every good 4-Her can preside at a business meeting or act as secretary. As she takes part in the lively discus-



Alberta Hoppe, Linn County. National Girls' Health Champion.

sions at the meetings the A. B. C.'s of parliamentary law become very familiar to her. She gains the poise which comes from the ability to do the right thing.

More than this, the typical club girl is wide awake. Opportunity never knocks and finds her mentally dozing. She is alert and responsive and she

seeks self-development in a natural way.

The education of the Heart means a reaching out and a searching for the best things of life and an attempt to make these "best things" a part of one's-self. Most often the objects of this search are found in a girl's own home and community.

Education of the Heart is not a vague idea; it is an ideal that expresses itself in the little courtesies, and loyalties of every day life. It is the "Thank you" and "I'll do it" that makes for good fellowship. It is the ability to separate the sham from the real. 4-H appreciation takes the systematic form of music and picture memory contests. The first music memory contest in the United States was held in Iowa. Eighty-three counties took part in the first state wide contest.

"Hand" stands for all the practical achievements of 4-H'ers. These range from the making of a standard loaf of bread to the making of dress suitable in design and color for the wearer.

Each county may choose either clothing, home furnishing, bread or foods for its project. The projects in a county rotate regularly.

"Something for nothing" plus much effort has been achieved by many Iowa girls. Old discarded furniture is made into attractive, usable pieces. Clothing from the attic is renovated and made into smart "new" garments. One 4-H girl spent only ten dollars for the wardrobe she brought to college. An out-grown middy suit was made over into a one-piece dress. Creamy old linen collar and cuffs edged with real lace were found among a box of scraps and added a quaint touch. An old cape of pin tucked flat crepe was made into an afternoon dress. An

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aunt's discarded black satin was re-made into the dinner dress. 4-H club work made her see the possibilities of this discarded clothing and gave her the ability to form it into attractive garments.

Every club girl chooses her clothing with an eye to line and color as well as to durability and appropriateness. This high standard has enabled the Iowa Clothing Exhibit to place first at the National Club Congress for five successive years. The last outfit was made by Gladys Cone of Grundy county. Gladys chose her color scheme from the pastel tints of a lovely sunset.

The Health "H" has for its aim, well-rounded farm life. A 100 percent club arranges a health contest once a year. Many a girl has raised her score from 70 percent to 98 percent during the period of a year.

The health program focuses attention on positive standards of good health. Keeping health habits becomes a game, for the club girl is proud to be healthy and ashamed to be sick. "The oft heard remark 'I don't like vegetables' has no reasonable foundations" they say. "After one knows the relation of food to good health she cannot help liking vegetables." Home tasks, summer camps, and long hikes provide an efficient "daily dozen" and add a note of gaiety to the quest for health.

Through each of the 4-H's, the 20,000 Iowa girls are hearing the challenge of the 4-H Pied Piper who is calling rural girlhood to live its best and to make the best better by doing its work in a capable girlish way.

Omicron Nu Luncheon

All alumnae and actives of Omicron Nu who are attending the National Home Economics Association meeting are urged to attend the Omicron Nu luncheon to be held Thursday noon, June 28. Tickets will be on sale during the association meetings or reservations may be made through Katherine Ayers, Peoples' Popular Monthly, Des Moines, Iowa.

Miss Katherine Cranor who is in charge of the graduate research of the Textile Department, will report on the abstracts of research work done in that department during the year. The report will be given at the Home Economics National Convention to be held in Des Moines the latter part of June.

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